

I claim:

1. A method for preventing or inhibiting angiogenesis in a person, the method comprising:
identifying a person suffering from, or at risk of suffering from, angiogenesis; and
administering an effective amount of a composition comprising of more than one berry extract to the person, wherein the composition is sufficient to prevent or inhibit angiogenesis in the person.
2. A method of claim 1, wherein administering the composition to the person reduces the amount of VEGF expression in that person.
3. A method of claim 1, wherein the effective amount of the composition is from 18 mg/dose – 270 mg/dose and the cytotoxicity of the composition is lower than 0.5 LDH units/liter.
4. A method of claim 1, wherein the composition contains more than one berry extract selected from the group consisting of blueberry extract, bilberry extract, cranberry extract, elderberry extract, raspberry extract and strawberry extract.
5. A composition of claim 4, wherein the blueberry extract is a wild blueberry extract, the bilberry extract is a wild bilberry extract and the raspberry extract is a raspberry seed extract.
6. A method of claim 1, wherein the composition by weight is approximately 50% blueberry extract, 35% strawberry extract, 7.5% cranberry extract, 2.5% raspberry extract, 2.5% elderberry extract and 2.5% bilberry extract.
7. A composition of claim 1, wherein the composition by weight is 50% wild blueberry extract, 35% strawberry extract , 7.5% cranberry extract, 2.5% raspberry seed extract, 2.5% elderberry extract and 2.5% wild bilberry extract.
8. A method of claim 1, wherein the composition by weight is approximately 50% blueberry extract, 25% strawberry extract, 12.5% bilberry extract, and 12.5% raspberry extract.
9. A composition of claim 1, wherein the composition by weight is 50% wild blueberry extract, 25% strawberry extract ,12.5% wild bilberry extract and 12.5% raspberry seed extract.
10. A method for providing a compound with a high oxygen radical absorbance capacity, the method comprising:

administering an effective amount of a composition comprised of more than one berry extract, wherein the composition has a higher oxygen radical absorbance capacity than the oxygen radical absorbance capacity of any one berry extract used in the composition.

11. A method of claim 10, wherein the composition has a higher oxygen radical absorbance capacity than an equal amount of GSPE.

12. A method of claim 10, wherein the composition has a lower cytotoxicity than an equal amount of GSPE.

13. A method of claim 10, wherein the effective amount of the composition is 18 mg/dose – 270 mg/dose and the cytotoxicity of the composition is lower than 0.5 LDH units/liter.

14. A method of claim 10, wherein the composition has an oxygen radical absorbance capacity above 40 Trolox equivalents/gm fresh weight basis.

15. A method of claim 10, wherein the composition contains more than one berry extract selected from the group consisting of blueberry extract, bilberry extract, cranberry extract, elderberry extract, raspberry extract and strawberry extract.

16. A composition of claim 15, wherein the blueberry extract is a wild blueberry extract, the bilberry extract is a wild bilberry extract and the raspberry extract is a raspberry seed extract.

17. A method of claim 10, wherein the composition by weight is approximately 50% blueberry extract, 35% strawberry extract, 7.5% cranberry extract, 2.5% raspberry extract, 2.5% elderberry extract and 2.5% bilberry extract.

18-. A composition of claim 10, wherein the composition by weight is 50% wild blueberry extract, 35% strawberry extract, 7.5% cranberry extract, 2.5% elderberry extract, 2.5% wild bilberry extract and 2.5% raspberry seed extract.

19. A method of claim 10, wherein the composition by weight is approximately 50% blueberry extract, 25% strawberry extract, 12.5% bilberry extract, and 12.5% is raspberry extract.

20. A composition of claim 10, wherein the composition by weight is 50% wild blueberry extract, 25% strawberry extract, 12.5% wild bilberry extract and 12.5% raspberry seed extract.

21. A method of claim 10, further comprising:

identifying a person who would benefit from using an antioxidant with a high oxygen radical absorbance capacity.

22. A method of claim 21, wherein the composition has a lower cytotoxicity than GSPE.

23. A method of claim 21, wherein the effective amount of the composition is 18 mg/dose – 270 mg/dose and the cytotoxicity of the composition is lower than 0.5 LDH units/liter.

24. A method of claim 21, wherein the composition has a higher oxygen radical absorbance capacity than an equal amount of GSPE.

25. A method of claim 21, wherein the composition has a lower cytotoxicity than an equal amount of GSPE.

26. A method for preventing or inhibiting the growth of *Helicobacter pylori* in a person, the method comprising:
administering an effective amount of a composition comprised of more than one berry extract to a person, wherein the composition prevents or inhibits the growth of *Helicobacter pylori* more than any one berry extract used in the composition.

27. A method of claim 26, wherein the composition improves the ability of an antibiotic to prevent or inhibit the growth of *Helicobacter pylori*.

28. A method of claim 27, wherein the antibiotic is a range of 0.1% – 5.0% concentration of clarithromycin.

29. A method of claim 27, wherein the antibiotic is preferably a range of 0.25% – 1% concentration of clarithromycin.

30. A method of claim 26, wherein the effective amount of the composition is from 18 mg/dose – 270 mg/dose and the cytotoxicity of the composition is lower than 0.5 LDH units/liter.

31. A method of claim 26, wherein the composition is prepared from more than one berry extract selected from the group consisting of blueberry extract, bilberry extract, cranberry extract, elderberry extract, raspberry extract and strawberry extract.

32. A composition of claim 31, wherein the blueberry extract is a wild blueberry extract, the bilberry extract is a wild bilberry extract and the raspberry extract is a raspberry seed extract.

33. A method of claim 26, wherein the composition by weight is approximately 50% blueberry extract, 35% strawberry extract, 7.5% cranberry extract, 2.5% raspberry extract, 2.5% elderberry extract and 2.5% bilberry extract.

34. A composition of claim 26, wherein the composition by weight is 50% wild blueberry extract, 35% strawberry extract, 7.5% cranberry extract, 2.5% elderberry extract, 2.5% wild bilberry extract and 2.5% raspberry seed extract.

35. A method of claim 26, wherein the composition by weight is approximately 50% blueberry extract, 25% strawberry extract, 12.5% bilberry extract, and 12.5% is raspberry extract.

36. A composition of claim 26, wherein the composition by weight is 50% wild blueberry extract, 25% strawberry extract, 12.5% wild bilberry extract and 12.5% raspberry seed extract.

37. A method of claim 26, further comprising:
identifying a person who would benefit from using a composition that prevents or inhibits the growth of *Helicobacter pylori*.

38. A method of claim 37, wherein the effective amount of the composition is from 18 mg/dose – 270 mg/dose and the cytotoxicity of the composition is lower than 0.5 LDH units/liter.

39. A composition that prevents or inhibits angiogenesis or *Helicobacter pylori* or acts as a powerful antioxidant in the human body, the composition comprising:

selecting more than one berry extract selected from the group consisting of blueberry extract, bilberry extract, cranberry extract, elderberry extract, raspberry extract, and strawberry extract, wherein the berry extracts are selected and proportioned relative to all the selected berry extracts to provide a composition that effectively prevents or inhibits angiogenesis or *Helicobacter pylori* or has a high oxygen radical absorbance capacity.

40. A composition of claim 39, wherein the blueberry extract is wild blueberry extract, the bilberry extract is a wild bilberry extract and the raspberry extract is a raspberry seed extract.

41. A composition as in claim 39, wherein the group of berry extracts further consists of blackberries, dewberries, boysenberries, loganberries, youngberries, currants, gooseberries, juniper berries, huckleberry, elderberry, thimbleberry, blackcap berries, mountain ash berries, salmonberry and other similar berries.

42. A composition of claim 39, wherein the composition results in less VEGF being expressed in a person who absorbs the composition.

43. A composition of claim 39, wherein the composition has a lower cytotoxicity than an equal amount of GSPE.

44. A composition of claim 39, wherein the effective amount of the composition is from 18 mg/dose – 270 mg/dose

44. A composition of claim 39, wherein the composition has a higher oxygen radical absorbance capacity than both an equal amount of GSPE and an equal amount of any one berry extract.

45. A composition of claim 39, wherein the composition has an oxygen radical absorbance capacity above 40 Trolox equivalents/gm fresh weight basis.

46. A composition of claim 39, wherein approximately 50% of the weight of the composition is blueberry extract, approximately 35% of the weight is strawberry extract, approximately 7.5% of the weight is cranberry extract, approximately 2.5% of the weight is raspberry extract, approximately 2.5% of the weight is elderberry extract and approximately 2.5% of the weight is bilberry extract.

47. A composition of claim 39, wherein the composition comprises by weight 50% wild blueberry extract, 35% strawberry extract, 7.5% cranberry extract, 2.5% elderberry extract, 2.5% wild bilberry extract and 2.5% raspberry seed extract.

48. A composition of claim 39, wherein approximately 50% of the weight of the composition is blueberry extract, approximately 25% of the weight is strawberry extract, approximately 12.5% of the weight is bilberry extract, and approximately 12.5% of the weight is raspberry extract.

49. A composition of claim 39, wherein approximately 50% of the weight of the composition is wild blueberry extract, approximately 25% of the weight is strawberry extract, approximately 12.5% of the weight is wild bilberry extract, and approximately 12.5% of the weight is raspberry seed extract.